

# Five Steps to the Food Stamp Program



Vision y Compromiso: Promotora/  
Community Health Workers Network

- 1 Attend an information session and fill out the application. Ask your promotora for date and location.
- 2 Gather your documents and go back to your promotora to assemble the packet. She will take it to the county FSP office for you.
- 3 A county worker will be in contact with you and will ask you some questions.
- 4 You will get approval notification. The county has up to 30 days to process your application.
- 5 You will receive your card in the mail.

### **FAST FACTS**

- Even if you are not a legal resident, you may apply for the Food Stamp Program for your children if they were born in the United States.
- The Food Stamp Program is NOT a welfare program, but rather a nutrition assistance program for low-income individuals and families.
- Owning your own home or business does NOT disqualify you from receiving food stamp benefits.